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(i) manufacturing and cross-linking the rubbery material to a first shape and size, the rubbery material comprising a substance, said substance comprising polyurethane elastomers and its copolymers;

(ii) after performing step (i), applying energy to the rubbery material, where the application of energy is equivalent in result to raising the rubbery material's temperature to at least the transition temperature;

(iii) after performing step (i), stretching the rubbery material to a second shape and size, wherein steps (ii) and (iii) are performed in such a way that the rubbery material is in a state in which it is both in the second shape and size and its effective temperature is at least the transition temperature; and

(iv) after steps (ii) and (iii) have been performed, reducing the effective temperature of the rubbery material below the transition temperature while the rubbery material is kept in the second shape and size so that the rubbery material remains in the second shape and size until subsequent application of energy to the rubbery material equivalent in result to raising its temperature to at least the transition temperature whereupon the rubbery material shrinks from the second shape and size toward the first shape and size.

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42. (Amended) A rubbery material having a first shape and size, a second shape and size, and a transition temperature, wherein the rubbery material shrinks from the second shape and size toward the first shape and size after the application of energy to the rubbery material where the application of energy is equivalent in result to raising the rubbery material's temperature to at least the transition temperature, wherein the rubbery material comprises a substance, said substance comprising polyurethane elastomers and their copolymers.

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